

December 2013

Healthy Family Newsletter

Smoky Valley Chiropractic



Ready for 2014?

(Or do you need some help??)

That's what we're here for! Dr. Loder will be starting a new Lifestyle Class in January. Talk to him or any staff member if you are interested in having a happier, healthier 2014.

Testimonials from the "Class of 2013"

-“Since beginning the lifestyle program, I have a more positive attitude, and I am more aware of good health habits. I am more active, more health conscious, I am eating better, I am learning new and healthier recipes and I purchased a juicer! 😊” MB

-“I have better balance, I am eating healthier, I'm walking more, and I view each day as a fresh start.” – DC

“I feel much better mentally and physically. I analyze things much more and have a system to solve issues. I am more focused on goals and feel motivated!” DH

“My belief system has changed about food and the way I move. I have more energy than I used to. I don't crave grains or sweets anymore! This program even strengthened my faith! I'm in better shape and have learned not to sweat the small stuff.” – KH

“My constant headaches have been gone for nearly a year. My mental and spiritual health is so good! I am an overall healthier and happier person because of this program. My faith in God has been strengthened and my desire to give more is greater. My physical health has been better. I've had fewer visits to the doctor, and zero prescriptions!” AL

“I have lots of energy, I am more aware of what I eat and am more motivated to get out and move. I feel more confident in my choices.” BT

Celebrate Without Stress – Top 10

1. Limit your spending budget.
2. Shop early to avoid crowds and rushed purchases.
3. Get plenty of rest.
4. Limit alcohol consumption.
5. Limit the amount of “junk food” you consume.
6. Stick with an exercise program.
7. Focus on fun and relaxation, not perfection.
8. Don't stress out trying to please everyone; your health is more important.
9. Volunteer at area agencies, helping others is a great boost.
10. Come in for your chiropractic adjustment, and be the healthiest, happiest YOU this holiday season!



Stressed or Blessed?

The choice is yours...and your health is counting on you to pick the right one!



Dr. Darrel Loder is pictured with Michele Cullen, President of the Central Kansas Conservancy. Dr. Loder chose the Meadowlark Trail, Rails to Trails project as his community donation for the month of November. The trail from Lindsborg to McPherson is currently under construction. Being a health and wellness doctor, Dr. Loder encourages his patients to live active lifestyles. The trail provides another avenue for health and fitness to McPherson County residents.

Our office will be closed on December 24, 25 & 26 for the holiday season. We hope you enjoy a blessed Christmas with your family!



Gift Ideas for Christmas



Healthy Gift Ideas

Pedometer • Fruit & Nut Basket • Stability Ball & Exercise Bands • Cookbooks with Healthy Recipe Ideas • Board Games • Teas • Gift Certificate to Fitness Center • Chiropractic Care Coupons (And...I always tell Darrel that jewelry works too – it's calorie free!)

Merry Christmas

Looking For That Perfect Gift?

Chiropractic care gift certificates are a great idea for current patients and for those who are interested in taking control of their health. Gift cards are available in any increment. Ask any staff member to purchase and give the gift of health this year!



What a Blessing!!

Michelle and Hannah had a time sorting through all of the coats, hats, mittens and scarves that were donated. The schools were so grateful! Thank you so much for your generosity towards others!

Four Ingredient Pumpkin Pie *vegan, makes one pie*

1 1/4 cups raw soaked cashews
1 cup maple syrup
1 can organic pumpkin puree (16 ounces) (or use fresh puree)
2 tsp pumpkin pie spice
Optional: 1/2 tsp sea salt to taste (depends how much salt you soaked your cashews in)
Ingredients notes: using high quality spice is helpful. Also, I prefer grade B maple syrup for its rich amber tones and caramelized flavor - but grade A works too.
One standard vegan pie crust - or make your own.

Instructions:

1. Soak about one cup of raw cashews in about 2 1/2 cups of water in a large bowl. Add about 1/2 - 1 tsp of salt to the bowl - mix to dissolve. Note: you may want to soak more cashews than needed and make two pies.
2. Soak this cashew bowl overnight in the fridge. You want well-soaked cashews so that your pie mix blends up perfectly creamy. I soaked my cashews for about 18 hours. At least 8 is optimal.
3. The day of your actual *pie making* allow at least 3 hours from the time you start to the time you wish to serve the pie. I like a cool time of at least 2 hours.
4. Preheat your oven to 400 degrees.
5. Drain the water from your cashews. They should be very soft to bite and a slight purplish dark hue. *This is normal.* Add 1 1/4 cups of cashews to your food processor - or even better, a *Vitamix* or high speed blender.
6. Add pumpkin to blender. Next, add in the maple syrup and pumpkin pie spice. Blend on low -> high for about 3-5 minutes until the mixture is *completely* creamy. If your mixture is a bit thick for some reason - you can add in a few teaspoons of either water, maple syrup or even non-dairy milk. After blending, do a taste test and add a 1/2 teaspoon of salt *if needed*. I added in about 1 1/2 tsp extra salt. But taste before adding.
7. Pour your mix into a par-baked vegan pie shell (I toast my raw pie shell in the 400 degree oven for about 8 minutes). You can buy a frozen crust or make your own.
8. Bake pie at 400 degrees for 15 minutes. Then reduce to 350 degrees and bake for an additional 30-40 minutes - or until the edges look fluffy and a darker caramel orange tone. Use a toothpick in center if unsure. The tooth-picked filling should come out slightly wet - but very thick and dark. It is important to remember that your pie will firm up significantly upon cooling and chilling in the fridge.
9. Remove pie from oven. Cool on counter for at least 30 minutes. Then place in fridge until ready to serve. At least 2 hours cooling and/or chilling time is my preference. A warm pie will be tasty, but still a bit "wet" to slice.
10. Serve chilled!

101 Ways to Make a Difference

This holiday season, we challenge each of you to make a difference for someone. We have come up with some ideas to get you started on what will be a gift to remember...

- ☐ Drive someone to their chiropractic appointment! ☺
- ☐ Return grocery carts
- ☐ Participate in Operation Shoebox
- ☐ Tip all of the wait staff next time you eat out, not just your server
- ☐ Leave a pack of vinyl gloves at the gas station on top of the pump
- ☐ Recycle your prom dress
- ☐ Receive with gratitude
- ☐ Donate old glasses to Lions Club
- ☐ Invite a guest to Thanksgiving or Christmas dinner who might otherwise be dining alone
- ☐ Donate winter coats to those in need
- ☐ Volunteer at Ashby House
- ☐ Drive someone to a cancer treatment
- ☐ Prepare a meal for a single parent family
- ☐ Pick up trash in and around your neighborhood
- ☐ Give a package of stamps to a family with a family member serving our country
- ☐ Donate school supplies
- ☐ Put together soldier packs
- ☐ Give without comparison
- ☐ Purchase a tank of gas for the person behind you in line
- ☐ Feed the parking meter for the next person
- ☐ Recycle your wedding dress
- ☐ Donate to the United Way
- ☐ Volunteer at a domestic violence shelter
- ☐ Adopt a prisoner or their family – offer to pray for them
- ☐ Provide transportation for the elderly in your community
- ☐ Visit residents at the nursing home
- ☐ Send a thank you note
- ☐ Tip a fast food worker
- ☐ Donate to the Red Cross
- ☐ Clean out your closets and donate extra clothing
- ☐ Clean your church
- ☐ Put together books and magazines to leave for chemotherapy patients to read during treatment
- ☐ Deliver meals on wheels
- ☐ Donate blood
- ☐ Hand out inspirational calendars
- ☐ Be a prayer partner
- ☐ Volunteer at Pioneer Club
- ☐ Shop for the elderly
- ☐ Help someone move
- ☐ Purchase gifts from the Angel Tree
- ☐ Donate to the Ronald McDonald house
- ☐ Participate on a mission trip
- ☐ Worship more
- ☐ CHUMS volunteer at the elementary school
- ☐ Sponsor a kid for camp
- ☐ Donate to the McPherson County food bank
- ☐ Volunteer at the Senior Center
- ☐ Repair or recycle old bicycles
- ☐ Purchase a baby gift for a new parent
- ☐ Give someone a grocery gift card
- ☐ Volunteer at KICK
- ☐ Purchase a gift through World Vision
- ☐ Tie quilts for others
- ☐ Determine how much money you spend at Christmas, and donate a matching amount to a charity of your choosing
- ☐ Write a letter to a loved one
- ☐ Compliment a child
- ☐ Buy a cup of coffee for the person behind you in line
- ☐ Donate some of your professional services to someone in need
- ☐ Collect and distribute books

- ☐ Raise money for a charity
- ☐ Serve a meal at the Salvation Army
- ☐ Give your time
- ☐ Give your talents
- ☐ Offer companionship
- ☐ Run errands for someone
- ☐ Encourage
- ☐ Volunteer at TACOL
- ☐ Smile...a lot!
- ☐ Be a foster parent
- ☐ Walk your neighbor's dog
- ☐ Volunteer at the animal shelter
- ☐ Babysit for someone to give them a break
- ☐ Help elderly decorate for Christmas
- ☐ Shovel your neighbor's driveway or sidewalk
- ☐ Donate your old cell phone
- ☐ Offer to go to the post office for someone
- ☐ Clean for the elderly
- ☐ Clear snow from the windshield next to yours in the parking lot
- ☐ Gift a magazine subscription – especially to someone overseas
- ☐ Host a breakfast at church
- ☐ Gather friends or family for a Bible study
- ☐ Teach someone
- ☐ Send your child flowers – just because
- ☐ Plan a surprise party for anyone/anything
- ☐ Place flowers on a gravesite
- ☐ Paint someone's finger or toenails
- ☐ Create a carpool at work
- ☐ Take a meal to new parents
- ☐ Write a letter of forgiveness to someone
- ☐ Post a status to inspire
- ☐ Compliment a complete stranger
- ☐ Take a meal to new neighbors
- ☐ Volunteer to read at the library
- ☐ Pass on a good book to others
- ☐ Call someone instead of texting them
- ☐ Write an apology
- ☐ Play a board game with a group you don't normally hang out with
- ☐ Adopt a college kid
- ☐ Donate to local animal shelters - pets need love too!
- ☐ Take a picture of a new mom with her baby and give her a framed copy
- ☐ Thank God

“Be the change you want to see in the world.” - Ghandi

Take the Christmas challenge...

1. Take an idea from our checklist, or use one of your own.
2. Write down what you did to make a difference.
3. Put your entry in the jar.
4. Each entry is a chance to win a \$250 chiropractic gift card! Stay healthy AND make life better for someone else! Win...Win!!

Today I made a difference for someone by

My name



Dr. Loder's Top 10

Dr. Loder's Top 10 List for Boosting Your Immune System:

1. **Keep your nervous system healthy. Get a chiropractic adjustment!!** The immune system protects us from the flu, as well as any other infectious disease, and strives to get us well again when we do fall ill. The immune system, like every other system in the body, is coordinated and controlled by the nervous system.
2. **Avoid sugar, grains, commercial dairy.** They decrease the function of your immune system almost immediately.
3. **Get enough rest.** Your body does most of its healing while you sleep.
4. **Eat raw fruits and vegetables.** Especially berries, greens and crushed garlic.
5. **Exercise.** Regular exercise helps the body eliminate wastes and helps improve immune system function.
6. **Stay hydrated.** Water is necessary for every body function. When you are dehydrated, your body functions less efficiently.
7. **Probiotic.** Probiotics are healthy bacteria that are supposed to be in your gut that boost immune function.
8. **Take a multivitamin.** Eating well is essential for health. We recommend a whole-food supplement that does not contain artificial colors or preservatives, and is free of wheat, corn, soy, and dairy.
9. **Take cod liver or fish oil.** These two supplements contain 2 vital omega-3 fatty acids (EPA & DHA). They improve the function of the nervous, circulatory, and immune systems, are important in fetal development and have anti-inflammatory properties. Be sure to use a high quality source free of PCB's, mercury and other contaminants.
10. **Stay positive/decrease stress.** Optimists have healthier immune systems, suffer fewer infections and are not as adversely affected by stressful life events.

If your body's immune system works as it should, you won't have to worry about the flu.

Insurance Changes?

Please let Michelle know if you have any changes to your insurance information after January 1st.



Reindeer Oats

Reindeer Oats will be available December 16th-23rd. Be sure to ask for some for your kids and grandkids.

